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**Plasma levels of vitamin C in preeclampsic patients referred to
Alavi Hospital Ardabil, compared to normotensive pregnant
2003**

ABSTRACT

Background & Objectives: Preeclampsia is still one of the leading cause of maternal and fetal morbidity and mortality. Despite active research's many years, the etiology of this disorder exclusive to human pregnancy is an enigma. Oxidative stress has been implicated in the pathophysiology of preeclampsia. Essential nutrients that can scavenge free radicals such as vitamin C constitutes a strong of defence in retarding free radical induced cellular damage. Hence the present study was planned to investigate the plasma levels of vitamin C in patients with preeclampsia (case) and normotensive pregnant woman (control).

Methods: Antioxidant, vitamin C was estimated in 40 preeclamptic and 80 normotensive pregnant women referred to Allavi Hospital of Ardabil province – Iran. The estimation was done spectrophotometrically. Collected data was analyzed statistically using student's t-test.

Results: The plasma levels of vitamin C were significantly decreased in patients with preeclampsia as compared to controls who were normotensive pregnant.

Conclusion: Attempts at prevention of preeclampsia are Justified but hampered by the fact that as yet no reliable and acceptable

screening test as yet for women at risk are available but assessment of vitamin C status by sensitive methods of least for doubtful preeclamptic patients are strongly suggested.

Key words: Preeclampsia, vitamin C, Iran